



National Aeronautics and
Space Administration
Goddard Space Flight Center

Inside Wallops

Wallops Flight Facility, Wallops Island, Virginia

Volume XIX-97 Number 3 Feb. 24, 1997

THE WHITE HOUSE February 6, 1997

A MESSAGE TO FEDERAL WORKERS

As I begin my second term as President, I want all of you to know how proud I am of your hard work and accomplishments during the past four years. I came to Washington with a high regard for civil servants, and you have only confirmed that opinion.

And I'm not the only one who has been impressed. Four years ago, public confidence in the federal government was at an all-time low. But you have begun to change that attitude. Even in a time of leaner budgets and smaller staffs, you have improved service to the public, forged effective partnerships with communities and private businesses and discarded old-fashioned management systems. Now, for the first time in decades, public opinion of federal agencies is markedly on the rise. Congratulations — the credit for this stunning turnaround goes to you.

Vice President Gore and I are excited and optimistic about the prospects for America in the next four years. We are on the right track to the twenty-first century and are picking up speed as we continue to work with you to reinvent government. I believe that our nation will enter that new century stronger, more confident, and more capable than ever before. And I believe that a large part of that success will be achieved because of the energy and talent of each of you — the men and women of the federal government.

Thank you for all you do on behalf of your fellow Americans.

WILLIAM J. CLINTON



Photo by Tom Burton

A Low-Cost Launch Vehicle (LCLV) sits on launch pad one prior to lift-off at 4 p.m., February 12. The boxes surrounding the motors are used to maintain constant temperatures prior to launch.

The LCLV, three-stage suborbital rocket, was the first of two for the Department of Defense scheduled for launch from Wallops in February. The second was scheduled for February 23.

Mission 2000 Update

The first near-term objective established by GSFC Director Joe Rothenberg towards the Wallops Mission 2000 plan was met February 14 when Facility officials submitted the "first cut" of the Implementation Plan.

The transition plan, a major component of the implementation plan, is now being developed and should be completed in March.

The next important step, as outlined in a January 21 letter from Rothenberg to NASA Administrator Daniel Goldin, is the signing of the Facility Use Agreements with the Virginia Spaceport Authority by March 15.

Also, work continues towards the sounding rocket refocusing effort. The Request for Information (RFI) to industry is expected to be released soon. Industry input will be sought through mid-March.

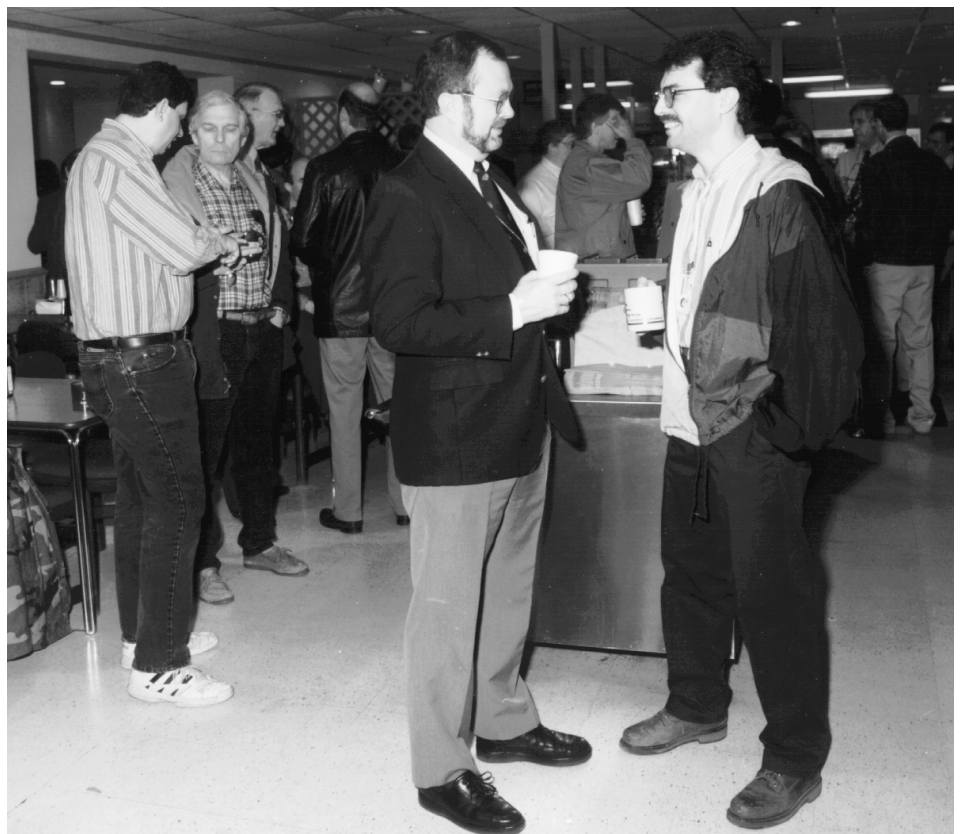


Photo by Ralph Wooten

Arnold Torres talks with Jerry Doyon, Computer Sciences Corporation during the first "Morning Coffee" held in the cafeteria on February 19. Approximately 65 employees stopped by to talk with senior staff representatives and have a cup of coffee, compliments of the Wallops Exchange and Morale Association. The next "Morning Coffee" is scheduled for March 19 in the cafeteria from 8 to 8:30 a.m. All Wallops employees are invited.

Health Hints

by Dianne Hargrove, R.N.

Stress is all around us! What can we do about it?

Rule #1 - Don't sweat the small stuff....

Rule #2 - When managed well - it's all small stuff.

It is often said that if cavemen had not experienced stress when surprised by the saber toothed tiger, they would have been history's first fast food meal.

Stress is the reaction of the body to any demand placed on it, pleasant or unpleasant.

Even though early man did not have to cope with unemployment, crime, or holidays, they did have their own set of problems. That's just what stress is - the process of adapting to the positive and negative changes around us.

Today's world lends itself to many more psychological demands such as worry, embarrassment, dead-lines, etc.

Two common ways to create stress are: Always EXPECT that something will go wrong. Always THINK you "have" to do something. Remember you do have a choice.

To reduce stress is to change our minds about how we relate to people and situations.

The extent to which we respect ourselves has a lot to do with how we relate to the world around us and, therefore, how much stress there is in our lives. Our daily life brings a myriad of problems. It makes sense to learn how to react to these problems in such a way that our inner peace and poise are ruffled as infrequently as possible.

Wallops Employee is Champion Ventriloquist

At the recently held International Festival for Christian Ventriloquists and Puppeteers (I-Fest), Bill Campion, OMNE of New Jersey, won first place in the novelty ventriloquist event. With attendees from 42 states and six foreign countries, competition was extremely stiff.

Congratulations to Campion who is the Wallops locksmith.

Wallops Women To Meet

Women formerly employed by Wallops Flight Facility will meet at noon, March 5 at the Judge's Bench, Snow Hill, MD. Reservations are required and can be made by calling (757) 824-5117.

Retirees and Alumni Get Together

An organizational meeting of Wallops Retirees and Alumni Club (WRAC) will be held at noon on May 16 in the Williamsburg Room of the cafeteria.

The future of WRAC will be determined by the interest shown at this meeting. Attendees will be responsible for the cost of their lunch from the cafeteria.

Those planning to attend should call Darlene Floyd, 757 336-5662, or Larry Lees, 757 824-2040, by May 9.

There is no such thing as the perfect relaxation/stress management technique. What works well for some does not work at all for others. Different tensions lend themselves to different relaxation techniques. Some of the more popular stress management techniques are: music, environmental tapes, reading, Yoga, biofeedback, exercise and meditation.

Some interesting "stuff" to think about:

- Crying is a stress reliever because the circulatory, nervous and respiratory system get a workout.

- LAUGHTER IS "INTERNAL" JOGGING!

- A high score on a psychological test in the areas of anger and hostility, could indicate a much greater chance of dying prematurely from heart disease, accidents, some cancers or suicide.

- Anger stimulates the release of norepinephrine. This hormone constricts blood vessels and causes the heart to beat faster.

- Stress can impair the ability of the body's immune system to recognize and destroy cancer cells.

- Simplify, Simplify, Simplify!!

Scientific Balloon Launched in Brazil

A four million cubic foot NASA scientific balloon carrying an upper atmospheric payload was successfully flown February 14 from Juazeiro do Norte, Brazil.

The purpose of the Penn State payload, which was recovered, was to obtain vertical profiles of gases from 6 to 19 miles altitude. The principal investigator was William Brune.

Wallops Exchange Moves

The Wallops Exchange has moved to its new location next to the cafeteria in Building E-2. Stop by from 8:30 a.m. to 4 p.m., Monday through Friday and see the newly arrived line of merchandise.

Upcoming Training

Basic Risk Management & Safety Practice April 28 - May 5 1997 Bldg. E-2, Conference Room

This course provides introductory methods for finding hazards and assessing their risks. Through classroom examples and workshop problems, the participant develops working skills at performing basic system safety analyses and reviewing and critiquing analyses performed by others.

Recommended for managers and engineers whose work involves recognizing and managing system risks.

Life Safety Code April 1 - 3, 1997 Bldg. E-2, Conference Room

This 3-day course introduces the student to the recognition of potential fire hazards and procedures to minimize losses due to fires. Topics include previous and current trends in fire losses, the chemistry and mechanics of fire, fire prevention, fire detection and fire suppression.

Recommended for safety, reliability, quality, and fire protection professionals who are responsible for reviewing and designing drawings and inspecting facilities for fire safety.

Both of these courses are center-funded. They are open to civil service and contract employees. Please forward all training requests to Sheila Jackson, Code 114. If you have any questions please call her on 66-3093.

Inside Wallops is an official publication of Goddard Space Flight Center and is published by the Wallops Office of Public Affairs, Extension 1584 or 1579, in the interest of Wallops employees

Editor	Keith Koehler
Assistant Editor	Betty Flowers
Photography	Optical Section
Printing	Printing Management Office